



RULES AND REGULATIONS  
OF THE  
BOARD OF HEALTH  
OF THE  
CITY OF FITCHBURG  
CONCERNING  
CONTAGIOUS DISEASES.

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REVISED AND ARRANGED FOR THE USE OF  
TEACHERS IN THE PUBLIC SCHOOLS.

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1894.





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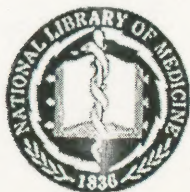
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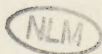
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## PREFACE.

Believing that a definite knowledge regarding the rules and regulations of the Board of Health relative to contagious diseases will be of service to all those connected in any way with our public schools, this little pamphlet is issued.

It is the desire and aim of the Board of Health to protect as fully as possible the individual and collective interests of all school children. By means of a ready reference to what is prescribed, both by statute law and by the rules of the local Board of Health, teachers will be better able to help enforce these provisions and will be saved much trouble and annoyance in regard to any doubtful case.

To properly enforce such rules the authority of the Board of Health should in every case be recognized, and certificates from them and not from physicians in general should be accepted.

CLARENCE W. SPRING, M. D.,  
*Chairman Board of Health.*

September 1, 1894.



## DISEASES DANGEROUS TO PUBLIC HEALTH.

RULE 1. The Board of Health considers the following diseases as dangerous to public health within the meaning of the statute: Asiatic cholera, yellow fever, small-pox, varioloid, diphtheria, membranous croup, scarlet fever, measles, typhoid fever, typhus fever, and epidemic cerebro-spinal meningitis.

RULE 2. Householders as well as attending physicians must immediately notify in writing the Board of Health of the occurrence of any of the above-named diseases of which they may have knowledge.

Immediately upon being notified that a contagious disease exists in any household, the following notice is sent by the Board of Health to the Superintendent of Schools, as provided for in Chapt. 98, § 3, of the Public Statutes:

\* \* \* \* "The boards of health shall give the school committee immediate information of all cases of contagious diseases reported to them." \* \* \* \*



[Form of Notice sent to the Superintendent of Schools.]

## OFFICE OF THE BOARD OF HEALTH.



Fitchburg, Mass., .....189

To the Supt. of Schools :

Dear Sir :

A case of .....

is reported at No..... St.

Family of.....

Patient's name is ..... Age,.....

Members of the family are said to attend the following schools :

.....

.....

..... Agent.



## QUARANTINE.

RULE 3. Every house in which a case of Asiatic cholera, yellow fever, small-pox, varioloid, diphtheria, membranous croup, scarlet fever, typhus fever, or measles, shall occur, shall be placarded with the name of the disease in such form and manner as may be determined by the Board of Health, which placard shall not be removed except by a duly authorized agent of the Board.

RULE 4. All rules and regulations relating to contagious diseases shall be in full force until the Board of Health removes from the premises the placards which notify the public of the existence of the disease.

RULE 5. No person shall remove or permit to be removed from any house any clothing or other property that may have been exposed to infectious or contagious disease, without permission of the Board of Health, nor shall any occupant take up a residence elsewhere without the consent of the Board of Health.

## DISINFECTION.

RULE 6. Upon the death, recovery or removal of any person sick of any disease dangerous to the public health, the Board of Health shall require such disinfection of the rooms of the house where such sickness has occurred, and such of the articles therein contained as may be deemed by them advisable, and such disinfection if done by the householder shall be performed in a manner satisfactory to the Board of Health.

In case books from the public schools are found in any household where contagious disease exists, they will be taken by the agent of the Board of Health and will be destroyed under their direction. An inventory of the same will be sent to the teacher of the school to which the books belong and also to the Superintendent of Schools.

Any books or other school property which have been in the exclusive use, in the schools, of any child who has become sick of any of the diseases mentioned in Rule 7, of the Rules and Regulations of the Board of Health, and who is thereby debarred from school attendance, should be at once separated from all other books or school property and delivered to the agent of the Board of Health. Such disposal will be made of the

same as is deemed by them necessary for the protection of the other scholars. In case such books or property are destroyed an inventory of the same will be given to the teacher of the school to which they belong, and also to the Superintendent of Schools.

## SCHOOL ATTENDANCE.

RULE 7. No child from a family in which there shall occur a case of Asiatic cholera, yellow fever, small-pox, varioloid, diphtheria, membranous croup, scarlet fever, typhus fever, or measles, shall attend any school, public or private, in the city during the continuance of the disease, or for a period of two weeks after the death, recovery, or removal, of the person or persons sick.

RULE 8. No pupil who, by reason of the foregoing rule, has been debarred from school attendance, shall be readmitted to any school in the city without a written permit from the Board of Health. Such permit may be issued when the attending physician has certified in writing to the Board of Health that in his opinion the child may attend school without danger of communicating any contagious disease.

RULE 9. No pupil while affected with whooping cough, chicken-pox, or purulent ophthalmia, shall attend any school in the city.

Rules 7 and 8 are based upon the provisions of the Public Statutes, Chapt. 198, § 1, Acts of 1885.

*Rule 9* is a new rule adopted by the Board of Health this year, and it is especially desirous that teachers observe it.

The diseases mentioned, though not serious in themselves, are capable of transmission, and by their results cause much trouble among those who are not of strong and robust health. In cases of whooping cough the child will not be considered free from danger of transmitting the disease until at least six weeks from the commencement of whooping, provided the characteristic spasmodic cough and the whooping have ceased. They may be admitted earlier if all cough has entirely passed away.

Contagious ophthalmia is especially to be guarded against in primary schools. It finds a ready means of transmission in the common use of wash bowls and towels. While these diseases are singled out as examples, it may be said that in any doubtful case the authority of the Board of Health should be consulted, as with them rests the power of causing any child to remain out of school so long as it might be a source of danger to the other scholars.

The contagious diseases which are of most common occurrence and whose early recognition is of the utmost importance, so far as isolating the child affected is concerned, are measles, scarlet fever, and diphtheria.

## EARLY SYMPTOMS OF MEASLES, SCARLET FEVER, AND DIPHTHERIA :

The early symptoms of these diseases may often be recognized by teachers in the schools and in any case a physician's opinion should at once be demanded when suspicion is aroused.

In the case of MEASLES the early symptoms would be as follows : some cough, suffusion of the eyes, running at the nose, feverishness and lassitude. The eruption generally occurs first about the forehead, neck and face, and is of a reddish color and of a circular or semi-circular form.

In SCARLET FEVER : general lassitude, feverishness, headache, sore throat, vomiting, and a fine red eruption about the ears, neck and shoulders are the first symptoms.

In DIPHTHERIA : general symptoms resembling a cold, with some rise of pulse and temperature and sore throat are first observed, and should arouse suspicion.

In fact in any case of sore throat found in the schools, a physician's examination should most properly be asked.

These general facts if borne in mind might in some cases lead to the detection of a disease which would be a source of great danger to the school at large if allowed to progress until the child was actually sick enough to be obliged to stay out of school.

If the foregoing rules and regulations are carefully observed the closing of the public schools for epidemic diseases will seldom, if ever, become necessary.

With the greatest of care it is often hard to say how soon a patient may with safety return to school after once having been sick of contagious disease, and it becomes all the more necessary that the judgment in such cases should not rest with too many but should come from the Board of Health alone.

After any child has once been debarred from school attendance it shall not be readmitted until it shall have first presented the teacher with the following certificate. This certificate will in all cases be issued by the Board of Health and should alone be recognized.

[Form of Certificate for Readmission to School.]

CITY OF FITCHBURG.



OFFICE OF THE  
BOARD OF HEALTH.

*Fitchburg, Mass.,.....189*

*This is to certify that*

*.....*  
*is entitled to be readmitted to the schools of Fitchburg, the provisions of the Rules and Regulations of the Board of Health having been complied with.*

*.....*  
*For Board of Health.*

RULES OF THE BOARD OF HEALTH.

RULE 7. No child from a family in which there shall occur a case of Asiatic cholera, yellow fever, small-pox, varioloid, diphtheria, membranous croup, scarlet fever, typhus fever, or measles, shall attend any school, public or private, in the city during the continuance of the disease, or for the period of two weeks after the death, recovery, or removal, of the person or persons sick.

RULE 8. No pupil who, by reason of the foregoing rule, has been debarred from school attendance, shall be readmitted to any school in the city without a written permit from the Board of Health. Such permit may be issued when the attending physician has certified in writing to the Board of Health that in his opinion the child may attend school without danger of communicating any contagious disease.

RULE 9. No pupil while affected with whooping cough, chicken-pox, or purulent ophthalmia, shall attend any school in the city.



## VACCINATION.

RULE 10. No child shall be admitted to the public schools in this city unless it shall have first presented to the teacher of the school it desires to attend a certificate of vaccination or exemption from vaccination from the Board of Health. Such certificates will be issued by the Board upon the satisfactory evidence of any reputable physician in accordance with the provisions of the statutes.

These certificates may be obtained from the Board of Health without expense, and, to be valid, must be signed by a member of the Board or its duly authorized agent.

Following is the form of certificate required :



## VACCINATION CERTIFICATE.

### OFFICE OF THE BOARD OF HEALTH.

*Fitchburg, Mass.,..... 189*

*In accordance with the Public Statutes and the Rules and Regulations of the Board of Health regarding vaccination,*

.....  
*is entitled to attend the Public Schools.*

.....  
*For Board of Health.*

#### PUBLIC STATUTES.

CHAPT. 47, § 9. The school committee shall not allow a child who has not been duly vaccinated to be admitted to or connected with the public schools.

CHAPT. 515, § 2. All children who shall present a certificate, signed by a regular practising physician, that they are unfit subjects for vaccination shall not be subject to the provisions of section nine of chapter forty-seven of the Public Statutes excluding unvaccinated children from the public schools. \* \* \* \*

#### RULES OF BOARD OF HEALTH.

RULE 10. No child shall be admitted to the public schools in this city unless it shall have first presented the teacher of the school it desires to attend, a certificate of vaccination or exemption from vaccination from the Board of Health. Such certificates will be issued by the Board upon the satisfactory evidence of any reputable physician in accordance with the provisions of the Statutes.

## USE OF PUBLIC LIBRARY.

RULE II. No person from a family wherein a case of Asiatic cholera, yellow fever, small-pox, varioloid, diphtheria, membranous croup, or scarlet fever exists, shall take any book to or from the public library.

The Board will inform the librarian of all cases of the above-mentioned diseases, and will take charge of all books and cards found in such cases and return them to the library after they have been disinfected. Until the librarian is notified that all danger of contagion is passed he shall deliver no books or magazines to any member of said family.

While it may be doubtful if library books often carry contagion, the course adopted by the Board seems in every way a wise one. Every library book, as well as cards and slips, found in families where there is any contagious disease are taken by the Agent of the Board. The paper covers of the books, and the cards and slips, after the numbers have been recorded, are burned up in the house, while the books are put into a tin box and locked up and taken to the Board of Health office, where they are disinfected by a high temperature and after a proper time returned to the library.

The librarian is informed when the danger of contagion has passed in each case, and may then issue duplicate cards and deliver books as before.

With every notification of any contagious disease which the Board of Health receives, the following notice is at once sent to the Librarian of the Public Library :

OFFICE OF THE BOARD OF HEALTH.



Fitchburg, Mass.,.....189

TO THE  
**Librarian of the Public Library :**

Dear Sir :

A case of .....

is reported at No. ....St.

Family of .....

All library books and library cards now in possession of said family will be taken by the Agent of the Board of Health and disinfected and returned by him to the library. Please deliver no books to said family until further notice from the Board of Health.

..... Agent.

## UNDERTAKERS.

RULE 12. Any undertaker or other person having in his care or possession the body of any person who has died of a disease dangerous to the public health, shall give immediate notice to the Board of Health, and shall prepare the body and conduct the funeral and interment strictly in accordance with the instructions given him from the Board of Health.

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## FITCHBURG BOARD OF HEALTH.

CLARENCE W. SPRING, M. D., *Chairman.*

A. P. MASON, M. D., *Clerk.*

E. N. CHOATE.

C. L. LINCOLN, *Agent.*









